

# Step Up, Florida!™

On Our Way To Healthy Living!



## JOIN US!

Dust off your sneakers and get ready for...  
The Heart Trail Walk and Healthy Foods Treasure Hunt

There are 1440 minutes in every day.

The US Department of Agriculture recommends 60 minutes of physical activity a day will help manage body weight and prevent gradual weight gain.

### Palm Beach County Activities Tuesday, February 14, 2006

Where: City of Palm Beach Gardens Park  
4404 Burns Road, Palm Beach Gardens  
Time: 7:00-9:00AM

What: Opening Remarks by Dr. Malecki, Kick-off, Passing of the SUF flag, Proclamations, Warm-up Exercise, and Heart Trail Walk

Where: PBCC-Eissey Campus  
3160 PGA Blvd., Palm Beach Gardens  
Time: 10:00AM-1:00PM

What: PBC Health Department Nutrition Services will have a booth at the Health Fair for PBCC employees promoting healthy eating choices, physical activity, and Florida on the Move in Palm Beach County

Where: Winn Dixie Store  
3700 Broadway, Riviera Beach  
Time: 10:30AM-Noon (Seniors), 1:00-2:30PM (Adults), and 2:30-4:00PM (Youth)

What: Winn Dixie Pharmacy and PBC Health Department WIC & Nutrition staff will sponsor A Healthy Foods "Treasure Hunt" for Winn Dixie shoppers and promotional information on 5 A Day, the WIC Program, and Florida on the Move in Palm Beach County; The Agency for Health Care Administration will provide information on Medicare Part D

